

Sacred Midwifery
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Birth Supply List

The main birth kit can be ordered from www.preciousarrows.com. On the website, go to Home Birth Kits, then Custom Birth Kits and select **Sacred Midwifery**. This has most of the supplies that I will need for your birth. You may also order by calling them at 877-423-7796.

You also have the option of adding a separate purchase of sitz bath herbs for after your birth, after-ease extract for afterpains, and much more.

Please gather the following items together in one area by 36 weeks.

- 2 large black trash bags
- 2 gallon size Ziploc bags
- roll of paper towels
- 10 receiving blankets or small towels (these will get messy)
- 10 small washcloths (for perineal compresses and clean up)
- crock pot (to have hot water for hot compresses)
- flashlight with batteries
- olive oil (in a little squirt bottle is nice)
- a bowl for the placenta (doesn't need to be real large, something light- plastic or metal)
- small bottle of peroxide for clean up

Other things to have accessible in the house:

- have extra old towels around if possible, especially if this will be a waterbirth
- a regular sheet set and a set that can get messy
- a stain remover/laundry booster to soak laundry afterwards
- hand held mirror if desired, to view birth of baby's head
- you may want an extra shower curtain to cover your mattress (birth kit comes with two plastic backed sheets)
- simple foods and snacks, drink such as juice, sports drink, emergenC for mom
- snacks, possible meal for birth team